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VA Health Care Upstate New York  
Canandaigua VA Medical Center  
400 Fort Hill Avenue | Canandaigua, NY 14424  
[www.canandaigua.va.gov](http://www.canandaigua.va.gov)

## NEWS RELEASE

### FOR IMMEDIATE RELEASE

**Date: September 1, 2016**

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### **Caregiver Support for Loved Ones of Veterans**

*“Dual Caregivers: Surviving and Conquering the Challenges”*

The Canandaigua VA Medical Center offers monthly telephone education groups for Caregivers through the VA Caregiver Support Line.

The topic for the month of August is titled, “[Dual Caregivers: Surviving and Conquering the Challenges](#)”

Caregiving for a loved one is challenging and many Caregivers find themselves balancing several caregiving roles.

This group explores how becoming a Caregiver to a loved one may alter relationships and the Caregiver's ability to fulfill other roles and responsibilities. This group discusses some of the strategies and resources that Caregivers may use to help successfully juggle dual caregiving roles.

The group sessions will be offered on Tuesday, September 13, at 10:00 a.m., Wednesday, September 21, at 7:00 p.m., or Wednesday, September 28, at 3:00 p.m.

Group sessions are open to family caregivers of Veterans of all eras.

If a caregiver is looking for something tailored to their specific needs, please call Colleen Cohen, to explore other options that may be available to you and visit the [Caregiver Support web page](#).

People who wish to participate in any of these telephone support group programs should register by contacting, [Colleen Cohen, LCSW](#) at, 585-393-7525 or email: [colleen.cohen@va.gov](mailto:colleen.cohen@va.gov)

To learn more about upcoming events please visit our [News Room](#) or [Facebook events page](#).

The Canandaigua VA Medical Center is located at 400 Fort Hill Avenue Canandaigua, NY 14424.

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